

rÉÉåaÉxrÉ
mÉëjÉqÉ²ÉUÇ
uÉÉÎXçIÉUÉåkÉ:

Control of speech
(not talking too much)

is the first step
towards
Yoga (control of mind).

*Out of purity
and silence
comes the*

*word of
power.*

Swami Vivekananda

Speech is
silver,

**Silence is
Golden.**